

# The INTERCHANGE

Monthly Newsletter for State Employees Prepared by State Employees



## Healthy choices make for big losers at DOC

There are a few dozen losers walking around the State Government Center – really. Losers in the sense of the “Biggest Loser” from television’s popular hour-long program that motivates people to adopt healthy lifestyles.

The Department of Corrections (DOC) has its own “Biggest Loser” underway. “Dump Your Plump” is an eight-week program that is actually a part of the department’s strategic plan to promote the governor’s initiative, *INShape Indiana*.

According to Marci Rautio, a DOC Human Resource Generalist, “promoting healthy choices is a priority at DOC.” Fellow employee Kevin Luzader added: “It makes sense to encourage healthy eating and physical fitness because, in DOC, we are in a dangerous business. It’s important that we get healthy and stay that way, so that we can do the jobs we have been hired to do.”

Dump Your Plump was launched March 10 and will end on May 5, during Correctional Workers Week. Weigh ins are held each Friday, with the team captains responsible for recording each team member’s weight. The captains are also responsible for ensuring that each member weighs in with the same type of attire and/or accessories each week.

According to a memo from DOC Deputy Commissioner Ed Motley, “you can’t weigh in with a brick in your pocket (one week) and then weigh in (later) without the brick.” The biggest losers will be recognized at a luncheon on May 5<sup>th</sup>. Both individuals and teams losing the most number of pounds will receive awards, as will those with the highest percentage of weight lost.

DOC has nine plump dumping teams, with eight plump dumpers per team. Some of the participants include members of the executive staff, payroll, human resources, finance, IT, community corrections, victim services, legislative services and parole.

Rautio, Luzader and Sherry Stolle are all part of the team known as Dana’s Chubby Buddies. According to Stolle, team captain Dana Long stopped by her desk after lunch to see what she had eaten for lunch. Stolle said others in the department had remarked that Long asked them for a rundown of their breakfast choices. Long’s motivation must have worked,



however, because unofficially, Rautio, Luzader and Stolle lost 25 pounds in the first three days of competition.

The team is motivated, starting with the captain. Long is getting married in June and that provides her motivation. Rautio has a two-piece bathing suit that she’d like to wear; Stolle wants to lose 20 to 25 lbs. by competition’s end and Luzader has a goal of being 40 lbs. lighter. To do that, Rautio is a strong promoter of drinking green tea, avoiding sugar and white flour and choosing good carbohydrates over bad ones. She is also in training for a 5K run.

Stolle gave up Diet Pepsi and is substituting water as her drink of choice, although she admits it’s a struggle. Stolle’s primary exercise is with her horses and she is planning to increase her cardiovascular activities. Luzader has eliminated salt from his diet and has increased his water intake substantially. A soccer referee and member of the Ben Davis High School Band Crew, he is kept active running up and down the field and carting around band equipment. Team captain Long is counting Weight Watcher points and another member is promoting the use of Fiber One cereal to help with weight loss.

Rautio, who is DOC’s *INShape* coordinator, says they are promoting the program in the field offices, as well. Rockville has an *INShape* team that conducts body fat analysis and offers aerobics classes for employees. “We have encouraged each facility to organize events, at a minimum of quarterly,” she explained. “That can be something like organized walks in state parks, a smoking cessation clinic or anything to promote fitness and healthy choices.”

For more information on *INShape Indiana*, visit the *INShape* web site at [www.in.gov/inshape/](http://www.in.gov/inshape/) or call 1-800-433-0746.

## Evansville Psychiatric Children's Center initiates Stress Free Zone

Evansville Psychiatric Children's Center has initiated a new mental health treatment option with the introduction of a multi-sensory room called the Stress Free Zone. The room opened in October 2005 as part of a restraint free initiative and the fostering of an environment of hope and recovery.

The use of multi-sensory rooms originated in the Netherlands in 1975. It has been rapidly receiving recognition in America since around 2000, being utilized in specialized hospital settings and in schools dealing with special populations.

Research on the topic supports the use of sensory room for sensory modulation and giving choices to individuals in handling their stress levels. An article entitled "The Effects of the Use of Sensory Rooms in Psychiatry" written by Cooley and Dickinson reports positive outcomes being a 40% drop in restraints plus 98% of the participants report the experience as a positive change in their environment.

Sensory defensiveness and inability to integrate the various senses to work together is common among victims of physical/sexual abuse, emotional neglect, trauma, or those experiencing some type of sensory deprivation. These individuals have difficulty with daily living and cognitive skills they need to develop independent functioning. For these type of skills to be acquired they must first master sensorimotor development (body schema and coordination) and perceptual motor development (visual and

language). Sensory rooms also help develop these skills which will further enhance their ability to learn cognitively.

The purpose of the Stress Free Zone includes assisting the child in utilizing calming techniques, increase sensory input to those who are somewhat unresponsive and helping the hyper distractible child focus and stay away from sensory overload.



Children can request to use the room or staff can identify a need for the room and will always accompany the child. The equipment in the room is specifically for sensory modulation and orientation with some of the materials as follows:

- Bubble Tube - Bubbles move in a tube of water while it changes color. This is a calming activity.
- Somatron Body Cushion- The child lies on a cushion that vibrates with sounds on a tape. The vibrations relax the muscles, stimulate circulation and promote relaxation.
- Fiber optic Milky Way Cubby- This is a small area the child can sit in that simulates stars in the sky and has a sound machine next to it for audio effects also.

Other items in the room include: sensopit, a quiet station, bungee jumper, tactile runway, lumignow panel and pen and physioball.

The room was carefully designed and decorated including the wall paintings with tactile sensations on the walls.

Future goals to reach maximum benefit of this room are:

- 1) continuing education with staff to increase their knowledge of sensory issues and comfort level in using the room,
- 2) measuring the success through use of documentation and reduction in seclusion and restraint,
- 3) contract with an occupational therapy consultant to help enhance the use of these techniques and for staff training.

## Two Government Center credit union branches merge

The Indiana Members Credit Union and Capital Plus Credit Union branches located in the Indiana Government Center in Indianapolis will merge and remodel to better serve the employees of the State of Indiana. The merger will be completed on April 3, 2006.

Indiana Members Credit Union was founded in 1956 to serve the employees of IU Medical Center. Capital Plus Credit Union has served the employees of the State of Indiana and their families since 1976. Both credit unions' goals are to

provide extraordinary service and a convenient and economical, financial alternative to banks.

Indiana Members Credit Union is one of the largest credit unions in central Indiana and offers Capital Plus members many new benefits, including convenient locations of nineteen branches in central Indiana and an expanded list of products and services that are offered. For questions regarding the merger, contact the Government Center Branch at (317) 232-5335.

# State employees receive discount for summer camps at the Indiana State Museum

The Indiana State Museum offers several fun learning experiences for children this summer as part of its summer camps. Through hands-on experiences and activities, the camps expand the horizons for young minds in a variety of subjects, including history, photography and archaeology.

As a state employee you are entitled to discounted member rates for the museum's summer camps. If your child is interested in attending one of the museum's camps, take a look at the museum's web site for more information on camp descriptions, policies and services. Before and after care is available. Pre-registration is required - call 232-1637 to register.

Camps offered this summer are:

- **Digging through history: archaeology camp**

Dates: June 12 – 16

Time: 9 a.m. – 3 p.m.

Ages: 9 - 12 year olds

Cost: \$100 member, \$125 non-member

Registration deadline: May 29

Description: Explore and learn about the cultures that have called Indiana home for the past 12,000 years. Weather and project permitting, campers will visit a working archaeology site.

- **Photography camp**

Dates: June 19 – 23

Time: 9 a.m. – 3 p.m.

Ages: 11 - 13 year olds

Cost: \$185 member, \$210 non-member

Registration deadline: June 5

Description: Learn how to take great photographs, process film, print photos and create a portfolio. Each camper needs a 35mm camera (not disposable).

- **Animals past and present camp**

Dates: June 26 – June 30 or July 17 – 21

Times: 8 a.m. - 3 p.m.

Ages: 8 - 11 year olds

Cost: \$185 member, \$210 non-member

Registration deadline: June 12

Description: Spend time at the Indiana State Museum and the Indianapolis Zoo to learn how scientists study animals and see how studying animals gives us a better understanding of life on earth.

- **History alive! camp**

Date: July 10 – 14

Times: 9 a.m. - 3 p.m.

Ages: 9 - 13 year olds

Cost: \$185 member, \$210 non-member

Registration deadline: June 26

Description: Learn what it was like to be a Hoosier over the past 200 years through fun, hands-on activities and by interacting with historical re-enactors.

- **Exploring nature science camp**

Dates: July 24 – 28

Times: 9 a.m. - 3 p.m.

Ages: 7 - 10 year olds

Cost: \$100 member, \$125 non-member

Registration deadline: July 10

Description: What wildlife lives in neighborhoods and parks? Learn about the animals that roam the natural areas of Indiana while exploring the role preservation of nature plays in the survival of our planet. Campers will also have a chance to learn about careers in science and much more!

Visit [www.indianamuseum.org](http://www.indianamuseum.org) or call (317) 232-1637 for more information.

## Survivor shares Holocaust experience at eighth annual state Holocaust memorial observance

The Indianapolis Jewish Community Relations Council, Dr. Martin Luther King, Jr. Indiana Holiday Commission and Indiana Civil Rights Commission will host the eighth annual state Holocaust memorial observance from noon to 1 pm on April 25 in the Capitol Rotunda in Indianapolis. Michael Blain, a Holocaust survivor, will be the featured speaker.

A Holocaust youth summit is scheduled from 9:15 to 10:45 am at the Christian Theological Seminary's Shelton Auditorium for Indiana students in grades 7 – 12. The summit will be facilitated by Kelly Watson, one of 15 educators selected each year by the United States Holocaust Memorial Museum in Washington D.C. to participate in the Mandel Teacher Fellowship Program. The program trains teachers to serve as leaders in Holocaust education. This

year's theme is *From Auschwitz To Oprah: What Was The Holocaust And Why It Should Matter To Me*.

The Holocaust was the systematic, bureaucratic, state-sponsored persecution and murder of approximately six million Jews by the Nazi regime, who believed that Germans were radically superior and Jews were inferior and unworthy of life. Other groups were also targeted during the Holocaust because of their perceived racial inferiority: Gypsies, the handicapped, and some of the Slavic peoples. Groups that were persecuted on political and behavioral grounds included Communists, Socialists, Jehovah's Witnesses, and homosexuals.

For more information contact Judy Kochanczyk at (317) 233-6306 or [jkochanczyk@crc.in.gov](mailto:jkochanczyk@crc.in.gov).

## Safety at work: Be prepared!

Spring is often a time of severe weather in central Indiana. To help Indiana Government Center (IGC) employees prepare for weather emergencies, the Indiana Department of Administration's Facilities Management Division has posted emergency response guidelines to the state intranet site. Preparing for an emergency situation before it happens can save lives. Facilities Management encourages you to visit the site and familiarize yourself with state safety protocols and policies.

For more information about IGC emergency preparedness, go to [www2.idoa.state.in.us/facilities/00\\_index.htm](http://www2.idoa.state.in.us/facilities/00_index.htm).



# TRAINING PROGRAMS

May 2006

| Date | Time          | Class                              | Cost              |
|------|---------------|------------------------------------|-------------------|
| 3    | 9:00 - 1:00   | Information and Records Management | Free              |
| 3    | 9:00 - 4:00   | CERT**Workplace Harassment**       | \$25/program fee* |
| 4    | 9:00 - 12:00  | CERT**Admin. Investigations**      | \$25/program fee  |
| 11   | 10:00 - 11:30 | PERF: Your Retirement Program      | Free              |
| 11   | 1:00 - 3:30   | Hoosier S.T.A.R.T. "Plan Overview" | Free              |
| 16   | 9:00 - 3:30   | Performance Management             | Free              |
| 17   | 9:00 - Noon   | Workplace Harassment Prevention    | Free              |
| 17   | 10:00 - 11:00 | Ethics Orientation                 | Free              |
| 18   | 9:00 - 3:00   | Selection and Interviewing         | Free              |
| 18   | 10:00 - 11:30 | Ethics for Supervisors/Managers    | Free              |
| 25   | 8:30 - 4:30   | Pre-Retirement Planning Seminar    | Free              |

NOTE: All classes will be held in the State Conference Center except where noted.

\*The Comprehensive Employee Relations Training (CERT) program has a fee of \$25 for each participant. The fee covers the eight (8) training sessions inclusive in the CERT program. CERT participants must commit to attend all eight (8) training sessions in the program month. \*\*These classes are only offered to SUPERVISOR/MANAGERS AND/OR HUMAN RESOURCES PERSONNEL. Classes that require a fee are noted. Obtain your supervisor's approval to attend.

For more information or to register, you will need to contact your agency training contact person (ATCP).

Please visit [www.in.gov/jobs/training&development/0homepag.htm](http://www.in.gov/jobs/training&development/0homepag.htm) to check for calendar updates before registering.

## Cardinal Fitness now offering discount to all state employees

Cardinal Fitness facilities statewide are offering a discount for state employees.

Instead of paying a \$99 one-time joining fee for a single membership, state employees pay only \$40! A second and third person can be added for an additional \$40 one-time joining fee, as opposed to the \$68 and \$49 that non-employees pay. Monthly dues are \$19.95 per month for a single membership, \$12 for a second person, and \$7 for a third!

Cardinal Fitness features treadmills, ellipticals, lifecycles, hammer strength, life fitness, free weights, kids room, and tanning. Indiana locations include: Indy, Avon, Bloomington, Columbus, Carmel, Greenwood, Valparaiso, Fort Wayne, Fishers, Schererville, Pendleton Pike, Merrillville, Noblesville, and Southport.

Visit [www.in.gov/jobs/special\\_projects/cardfit.html](http://www.in.gov/jobs/special_projects/cardfit.html) for more information.

## Corrections and clarifications

An item in the article titled "Take advantage of PERF online member services" on Page 3 of the March 2006 edition of the Interchange referred readers to a wrong number. The number for questions is 888-526-1687.

## Springtime is here!



Artwork provided by Jerry Williams, State Personnel Dept.

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